

These ideas go along with Come, Follow Me for Individuals and Families each week.

Example Candles FOR DOCTRINE AND COVENANTS 85-87

I Sing "I Am like a Star" (Children's Songbook, 163).

Jesus said we should be a "light" unto others (Doctrine and Covenants 86:11). That means we should be good examples to everyone.

Draw a candle on a piece of paper and color the flame on the top. Cut it out and attach it to your shirt or hang it around your neck with some string, like a necklace. With your family, talk about what you can do to be a good example.



 $oldsymbol{\Pi}$ $oldsymbol{\Gamma}$ Sing "Home Can Be a Heaven on Earth" (Hymns, no. 298).

Heavenly Father wants us to "establish . . . a house of God" (Doctrine and Covenants 88:119). He wants us to make our homes holy places like the temple, where we can feel the Holy Ghost.

Read "The Important Guest" on page 4. Then build a house out of blocks, sticks, or other items you can find. Every time you add a piece to the house, say something you can do to make your home a place where the Holy Ghost feels welcome.



Sing "The Lord Gave Me a Temple" (Children's Songbook, 153).

Heavenly Father wants us to take care of our bodies. He gave us the Word of Wisdom to help us be healthy and happy (see Doctrine and Covenants 89:18-20).

Read the scripture story on page 42 to learn how we got the Word of Wisdom. Then do the activity on page 24 together.



Reminder Rocks

FOR DOCTRINE AND COVENANTS 93

Sing "I Am a Child of God" (Children's Songbook, 2–3).

We lived with Heavenly Father before we came to earth (see Doctrine and Covenants 93:23). We are all His children.

Find some smooth rocks and write "You are a child of God" on them with paint or markers. Then give each rock to a friend, family member, or someone you think could use a reminder.









